

YOGA

with instructor Sonal Patel

monday 4 - 5 p.m.

tuesday 4 - 5 p.m.

thursday 4 - 5 p.m.

friday 10 - 11 a.m.

Sonal is a 250-hr registered yoga teacher with Yoga Alliance. She has completed her teacher's training from Yoga India, Mysore (now called Indea Yoga) under the guidance of Bharath Shetty and has been practicing yoga for the past seven years. She is proficient in Hatha Yoga, Vinyasa and Mysore styles.



\$45/MONTH

IMPERIAL PARK RECREATION CENTER
234 MATLAGE WAY

***FACILITY USAGE CARD REQUIRED**

CALL 281-275-2885 FOR ADDITIONAL INFORMATION.

